



**2025 Athlete and Parent
Handbook**

Update January 2025

2025 Staff and Contact Information

Gym Location:

Carol Stream Panthers Cheerleading Association
1197 N Gary Ave
Carol Stream, IL 60188

Website: <https://www.teamsideline.com/sites/carolstreampanthers/home>

Board of Directors:

Director – Jen Rawls	jrawls@promailusa.com
V.P. – Tracy Szajda	tracy1123@aol.com
Treasury – Andrea Roster	andrea_enger55@yahoo.com
Secretary – Roseanne Lofus	rmloftus11@gmail.com
Fundraising – Nina Galto	ngalto03@yahoo.com
Sponsorships – Nicole Clark	Nicolyl741@gmail.com
Kathleen Crispino	kacurran77@sbcglobal.net
Social Media – Donna Olson	d.pool1.dp@gmail.com

Coaches for the 2025 Season

K/1: Krystin Kovar & Kimberli Barbic

2nd Grade: Lana Peterson, Emily Thompson, & Donna Olson

3rd Grade: Lori Mashal, Andrea Royster, & Nina Galto

4th Grade: Ashley Spratt & Kristen Derrico

5th Grade: Nicole Clark & Jaime Dietrich

6th Grade: Tracy Szajda & Donna Olson

7/8: Abbie Adkins & Caitlyn Rawls

Our Mission:

Carol Stream Panthers Cheerleading Association is a cheer program designed to teach kids from K-8th grade the fundamentals of cheerleading. Building strong values in sportsmanship, teamwork, safety and most of all fun! We are a non-profit organization with a voluntary board as well as volunteer coaches.

Carol Stream Panthers Cheerleading Program:

Carol Stream Panthers is a 100% Nonprofit organization 501(c)(3) focused on recreational competition cheer and community outreach. Our organization is run by volunteer Parents, Coaches and Jr. Coaches.

Athletes that are in Kindergarten – 8th grade can join our programs.

Our program is designed to introduce the fundamentals of cheerleading in the areas of stunting, tumbling, jumps, motions, and routine composition, etc. in a fun way! K/1 is an entry level program focusing on basic skills, and the introduction to cheer. Our K/1 athletes will perform at the annual Carol Stream Panthers showcase and attend 1 ICA competition.

Athletes in grades 2-8 can join our competitive rec teams. The goal of this is to develop and advance individual and team skills at an appropriate pace.

A Note About the Carol Stream Panthers Handbook:

As a participant in the Carol Stream Panthers Fall 2025 season, you agree to follow all policies and procedures outlined in the handbook. In addition, Carol Stream Panthers and its athletes endeavors to follow all rules of the ICA. At times, situations may arise that are not outlined within this policy or the ICA rules. The Carol Stream Panthers Board of Directors will have the sole discretion in determining policy not covered by this handbook in accordance with our by-laws and ICA guidelines. The Carol Stream Panthers Board reserves the right to remove any athlete or parent from the program for non-compliance of the Carol Stream Panthers or ICA rules. Any concerns or complaints arising from violation of the guidelines set forth in this document should be emailed directly to the Board of Directors at cspantherscheer@gmail.com.

2025 Financial Obligations

No refunds will be given after March 26, 2025. Monthly payment plans are available.

Grades K/1 Program cost \$465.00

Costs Include:

- 1 Uniform - top and bottom
 - 1 practice tee
- 1 practice/game day uniform
- 2 bows
- Participation Trophy
- 1 Competition Gift
- 1 ICA competitions
- Routine music
- Indoor gym with full cheer mats
 - 2 day a week practices
- End of Year Banquet Ticket for Registered Athlete

**** Registration Credit of \$30.00 for Practice/Game Day Uniform will be applied at checkout (No Code Required)****

Additional Mandatory Costs: ● \$150 mandatory fundraiser ● \$50.00 Slush Fund

Additional Mandatory Costs Not Included in Registration: ● Cheer Shoes

Payment Options:

- Pay in Full \$665.00
- Pay ½ and ½ Deposit due at registration is \$332.50 and remaining \$332.50 due June 1, 2025
- Pay in 5 payments Deposit due at registration \$133.00 remaining payments due March 1, 2025, \$133.00, April 1, 2025, \$133.00, May 1, 2025, \$133.00, Last payment due June 1, 2025, \$133.00

Grades 2-8 Program Cost \$755

- 1 practice tee
- 1 practice/game day uniform
- 2 bows
- Participation Trophy
- 1 Competition Gift
- 3 ICA competitions
- Professionally Mixed Routine music
- Indoor gym with full cheer mats
 - 2 day a week practices
- End of Year Banquet Ticket for Registered Athlete

**** Registration Credit of \$30.00 for Practice/Game Day Uniform will be applied at checkout (No Code Required)****

Additional Mandatory Costs: ● \$150 mandatory fundraiser ● \$50.00 Slush Fund

**Additional Cost not included in registration: \$165.00 State Competition Fee if team earns a bid to State (Payment due in October 2025) *Uniform Cost: \$205.75 (Same uniform from 2024) – Cheer Shoes: \$65.00 to \$100.00 depending on what shoe you chose.

Payment Options:

- Pay in Full total due at registration \$955.00
- Pay ½ and ½ Deposit due at registration is \$477.50 and remaining \$477.50 due June 1, 2025
- Pay in 5 payments Deposit due at registration \$191.00 remaining payments due March 1, 2025, \$191.00, April 1, 2025, \$191.00, May 1, 2025, \$191.00, Last payment due June 1, 2025, \$191.00

Sideline Program Cost: \$345.00

- Practice Space
- Uniform
- 1Bow
- Poms
- Mandatory Fundraiser
- Slush fund fee

**** Registration Credit of \$30.00 for Practice/Game Day Uniform will be applied at checkout (No Code Required)****

Additional Mandatory Costs Not Included in Registration: ● Cheer Shoes

Payment Options:

- Pay in Full total due at registration \$345.00
- Pay ½ and ½ Deposit due at registration is \$172.50 and remaining \$172.50 due April 1, 2025
- Pay in 3 payments Deposit due at registration \$115.00 remaining payments due March 1, 2025, \$115.00, Last payment due April 1, 2025, \$115.00

Financial Bad Standing:

An athlete will be considered to be in financial bad standing if any of the following occur:

- Payment plan installment fails and not paid promptly
- State fee payment not received by due date

Any athlete deemed to be in financial bad standing may be ineligible to participate in the annual Showcase or competitions. If any athlete is in financial bad standing at the time of a new season registration opening, that athlete will be ineligible for registering. Please contact the Carol Stream Panthers Board immediately if you need to discuss your financial standing.

****Any return payments due to NSF will incur a \$25.00 fee per transaction. ****

24 Hour Rule

Carol Stream Panthers utilizes the 24 hour rule regarding contacting the coach or Board after a decision is made regarding your athlete. This means you must wait 24 hours to contact the coach or Board to discuss any instance of your athlete's role in a routine being changed. Please keep in mind these decisions are not made lightly but are for the benefit and safety of your athlete and the team as a whole.

2025 Attendance Policy

- A Competition team cannot have effective practices or perform successfully with absent participants. Due to the nature of the sport, a practice missed by one cheerleader has a significant impact on the squad; particularly on that cheerleader's stunt group, who are unable to stunt without every member present. In addition, when the coach must re-teach material to those who have been absent, the whole squad's practice time suffers. As a result, attendance at all practices is required. If absences become excessive for any reason, and deter from, the overall squad's success, a cheerleader may become an alternate and/or forfeit their opportunity to perform at competitions. Should these circumstances arise a meeting with the Carol Stream Board, the family and the coaches will take place to determine if alternate status is warranted.
- All practices and games are **MANDATORY**. The only **excused** absences from practices are the following:
 - Religious Education Commitments
 - Illness (fever, vomiting, contagious) Coaches reserve the right to ask for a doctor's note due to excessive absences.
 - Injury requiring medical attention
 - School related functions (must be giving in a timely matter – week or day of unexcused)
 - Pre-scheduled vacations
- **Unexcused** absence includes, but not limited to:
 - Last minute/unplanned vacations

- Birthday parties or birthday
 - Sleepovers
 - Family dinners
 - Other Sports, Clubs, Activities or Games
 - Any other absences not communicated in advance to the coaches
- Practices begin mid-May and go to Mid – November. ICA State (November). Practices are 2-3 times per week, in the evening, and may include additional weekend practices. Competition teams practices are held indoors at Panther’s Practice facility. Sideline Cheer Program practices are held at a Park District facility, organized by Carol Stream Panthers Cheerleading Association. Practices may be increased/lengthened as deemed necessary by the coaches & Cheer Board. All practices scheduled are mandatory including additional practices added by coaches to the set schedule.

- Coaches must be notified by phone (i.e., call or text message) or in writing/email if your athlete will miss practice or a game. Include the athlete’s name and reason why they are missing.
- Any unreported absence is also considered **UNEXCUSED**. Participating in another sport or activity is NOT considered an excused absence.
- Athletes committed to SPRING sports/activities will get an additional (3) unexcused to use from May 15, 2025, to June 30, 2025. These absences if not used DO NOT carry over. Documentation of commitment to Spring sports can be requested.
- After (2) unexcused absence the coaches can request a meeting with parents, and coaches to evaluate attendance issues.
- Repeated unexcused absences are a safety concern. After three (3) unexcused absences the athlete may be removed from stunting, mat position, squad, and/or routine for safety reasons. This policy is in effect for Spring Sports absences as well.
- A disciplinary notice form will be given for unexcused absences. The Coach will ask you to sign and date a disciplinary notice form after each unexcused absence. After three (3) disciplinary notices, the coach will set up a meeting with Carol Stream Cheer Board, family, and Coaches to determine if the cheerleader is allowed to compete or even remain in the program. If a child is removed from a squad due to unexcused absences no refund will be given.
- Attendance is mandatory during the week of competitions. Any unexcused absences 2 weeks leading up to a competition have potential for the athlete to be removed from stunting, mat position, and/or routine for safety reasons.
- Athletes are expected to attend and arrive on time at all practices during the season. Full attendance is important, and excessive tardiness will not be tolerated as team members that arrive late or leave early disrupt and distract practice. Consistent tardiness (arriving late or leaving early by 10 or more minutes) for THREE practices will result in one (1) unexcused absence.
- Competitions are mandatory for everyone. Missing a competition may result in removal from the program. Although the board will not approve an athlete missing a competition due to a vacation, any other conflict with competition weekends must be brought to the coach at the

time of registration for review. Failure to present conflicts prior to May 1, 2025, will result in removal from the program without a refund.

- All prearranged excused absences must be into your coach by May 1, 2025. Any additional absences after May 1, 2025, may result in an unexcused absence.
- Carol Stream Panthers understands custody agreements between parents that might cause absences. We ask that you provide any dates/documents of schedule absences due to custody agreements to coaches as well as the CSP board at the beginning of cheer season. Please discuss dates that your athlete will miss due to custody agreements with your coaches prior to the start of the season.

No Contact Weeks – May 30, 2025 through June 8, 2025

In accordance with ICA policy, Carol Stream Panthers will not hold any practices, choreography sessions, camps, or team events during this time.

Tardies

An athlete that arrives more than 10 minutes late or leaves more than 10 minutes early to/from a practice or choreography session will be considered tardy. 3 tardies = 1 absence

Choreography Sessions

Full team participation at choreography sessions is crucial to the success of the team. An absence from a choreography session will count as 2 of your season absences if your team only has one day of choreography.

Schedule Changes/Extra Practices

Parents are reminded that schedule changes can occur. Carol Stream Panthers attempts to give advance notice, when possible, but sometimes unforeseen circumstances arise. Parents and athletes need to be flexible to these schedule changes during the season. Carol Stream Panthers and Head Coaches reserve the right to call additional mandatory practices for the benefit of the team. Any canceled practice must be approved by the Board. Failure to adhere to the above could result in your child's dismissal from the program.

Carol Stream Panthers Showcase

The annual Carol Stream Panthers Showcase is a mandatory event, and all athletes are expected to attend. This event is held at Glenbard North High School in the gym approximately 1 week prior to the first ICA Competitions.

Competitions

All athletes are required to attend all competitions to remain eligible for the team. Failure to attend a competition will result in removal from the team. An absence from practice within 2 weeks of a competition may result in the athlete being asked to sit out at the competition - this is for the safety of the athlete and the team.

STATE 2025

Will take place at NIU State Mid-November - All practices within 2 weeks of the 2025 State Competition are mandatory for all athletes in order to participate. The State Competition may be held on a weekday - your athlete will be expected to miss school to attend the competition if the schedule requires.

THERE WILL BE NO REFUNDS GIVEN IF AN ATHLETE IS REMOVED FROM A TEAM OR SITS OUT AT A COMPETITION DUE TO A FAILURE TO FOLLOW THE CAROL STREAM PANTHERS ATTENDANCE POLICY.

Any exception requests to the policy must be made in writing and emailed to the Board. The Board will have the final determination in granting any exception requests - not the Head Coaches.

General Policies and Procedures

Practices

- Practices are closed to all parents. The only people allowed in the gym during a practice are registered athletes and confirmed coaches. All adults in the gym during practices are required to pass a background check and therefore permission must be obtained from the Board before any non-Coach adult is present at a practice.
- The facility doors will remain locked at all times athletes are present in the gym.
- Phones, fidgets, toys, etc. should remain in athlete bags during practices.
- No food is allowed during practice unless medically necessary.
- Athletes are responsible for bringing their own water to practices.
- Athletes are not allowed in the gym or on any equipment (including mats) unless his/her coach is present.
- It is the athlete's responsibility to be fully prepared for the start of practice - including using the bathroom, having shoes on, and in proper practice attire.
- **All practices are MANDATORY.** The only excused absences from practice are sickness, pre-planned vacation, and religious education classes. Vacations must be told at the beginning of the season for them to be excused.
- Coaches must be notified by phone (i.e., call or text message) or in writing/email if your child/children will miss practice or a game. Marking them absent in the app is not excused. Any unreported absence is also considered UNEXCUSED.
- Due to insurance purposes, practices can *only* be held at sites authorized by the Carol Stream Panthers Cheerleading Association and Cheer Board.
- Athletes should wear appropriate clothing to all practices. This includes your Carol Stream Panthers practice shirt and /or practice uniform, black fitted shorts/leggings, and cheer shoes. Athletes should refrain from wearing oversized hoodies, etc. for safety purposes.
- Hair should be properly secured in a tight ponytail. Constant redoing of hair is a distraction to the team and can be a safety hazard.
- Any athlete that requires glasses must have a proper athletic strap for all practices and performances. Carol Stream Panthers cannot be held responsible for broken glasses.
- No jewelry is allowed at practices. Any freshly pierced ears must be covered with a bandage. We cannot be responsible for lost jewelry.

- Make sure all athlete items are labeled. Carol Stream Panthers will maintain a lost and found - all items remaining at the end of the season will be donated.

Arrival and Departure

- Athletes should not arrive more than 5 minutes before the scheduled practice time to avoid disrupting other teams.
- Coaches will escort athletes to the gym doors at the end of practices. Parents may pick up their athlete at the door.
- Please be prompt in picking up your athlete. Coaches should not be expected to have to wait more than 5 minutes at the end of the practice for your athlete to have a ride home. Please be sure to communicate any emergencies with pick-up to your coach immediately.
- If waiting in your car, please turn off headlights if they are shining into the gym.
- Exercise extreme caution when driving through the parking lot for the safety of Carol Stream Panthers athletes and patrons of surrounding businesses.

Communication

- Email will be the main form of communication used by the Board. It is your responsibility to ensure we have a current email address on file for all parents/guardians that need to receive information. Carol Stream Panthers utilizes the email addresses provided during registration to form our email list. Any changes after registration must be communicated to the Board. We cannot be held responsible if you miss important information because your email address is out of date.
- Coaches will determine the mode of communication for the team. This may include emails, Facebook groups, or messaging apps. It is your responsibility to be accessible to your coach and to communicate any changes in your contact information.

Coaches & Junior Coaches

- The Cheer Board selects all adult and junior coaches.
- There will be a minimum of 2 adult coaches per squad.
- There will be a minimum of 1 Jr. Coaches assigned per squad. Junior coaches will be from the high school level. (If a squad does not have a Jr Coach they will be allowed to add additional adult coaches to their squad.)
- At least one adult coach must attend all practices, games, competitions and other Cheer sponsored events where their squad is cheering.
- Discipline comes from the adult coaches, not the junior coaches.
- We are fortunate to have high school athletes join us as junior coaches this season and know they will be a valuable asset to helping our teams succeed. The junior coaches are current students and athletes that are using their free time to help our teams. They are an extension of our coaching staff and should be treated as such by the athletes and parents. Please contact an adult coach or Board Member if you have any concerns about a junior coach. Athletes should refrain from contacting the junior coaches on social media, text, etc. to maintain appropriate relationships.
- Parents are not allowed to contact and/or confront a Junior coach with questions or concerns about an athlete or squad. Parents should speak with an adult coach regarding any questions or concerns.

Uniforms

All athletes are expected to have the current season uniform. The 2025 uniform is the same as the 2024 uniforms. No changes have been made for the new upcoming season. The uniform is owned by the athlete.

- It is the responsibility of each athlete to maintain their uniform in good condition. Any damage to the uniform will need to be repaired at the athlete's expense. If the damage is unfixable, the athlete may be required to purchase a replacement uniform if the Board deems the uniform to be unwearable for a competition or event.
- Please follow the manufacturer's washing instructions to maintain the integrity of the uniform.
- It is the athlete's responsibility to be prepared with the current season uniform shoes and proper bow for each competition. Any athlete that loses shoes, bows, or uniform pieces will be required to replace them at their own expense.

ICA

- In accordance with ICA policy, a Carol Stream Panthers Athletes may join the school cheer team.
- No more than two (2) grade levels may be combined to form any team.
- All athletes must participate on the team for his/her grade level. Carol Stream Panthers do not allow parents or athletes to request placement on a different team due to schedule, etc.
- Athletes and parents are not allowed to post photos and/or videos of any ICA mat performance on social media. Doing so can result in a squad disqualification from a competition and/or State Competition.

Cheerleaders

- All cheerleaders and their parents/guardians agreed to the Parent and Cheerleader Code of Conduct during the registration process. Any violations against the documented Code of Conduct will result in disciplinary action as deemed appropriate by the Cheer Board.
- Proper behavior and respect shall be shown toward adult and junior coaches, as well as teammates at all times. Abusive language, profanity, ridicule/mockery towards Board members, coaching staff members, or other cheerleaders will not be tolerated.
- If a cheerleader is disrupting a practice/game for whatever reason, that cheerleader will be spoken to by her/his adult coaches. If the disruptive behavior continues, then she/he will be reprimanded by the adult coaches of the squad.
- First Infraction: The child shall be removed from the practice/event, the parents called, and a verbal warning given.
- Second Infraction: The child shall be suspended from the squad for one week and a written Disciplinary Notice will be given to the child and parent.
- Third Infraction: The Board and coaching staff will discuss the disciplinary action options, and the Cheer board will make the final decision, which could lead to the child being removed from competition(s) and possibly the squad.
NOTE: The Cheer board shall be informed of all/any infractions.
- At the coach's discretion and with Cheer Board approval, a cheerleader may be benched from a competition if the coaching staff feels that the cheerleader does not know the routine within 2 weeks of the competition.

- If at any time an athlete and/or parent threaten a coach or board member with removing their athlete from a squad/program the athlete will be immediately removed from the program with no refund.

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Social Media

- Mat pictures or videos from any ICA event may **NOT** be posted on social media at any time. This also includes after the season has ended.

Media Release

- During the registration process you were asked to sign a media release form. This form gives Carol Stream Panthers Cheerleading permission to use your child's photo on social media, our website, or any other advertising or promotional material we choose to send out. If you clicked no for this, your child's photo will not be used. Please note that your child's photo will be used as part of a team photo posted to social media.

FUNDRAISER

- There will be one MANDATORY fundraiser for the cheer season.
- Optional fundraisers will be offered to offset the cost of things such as cheer uniform, registration, spirit wear, and/or state registration fees.
- A reward will be provided to the squad and individual cheerleader with the highest fundraising proceeds. Winners are usually announced at the Cheer Showcase event.
- An optional fundraiser *may* be available to help subsidize the cheerleader's cost of their ICA State Championship competition entrance fee. This is up to the Cheer Board.
- Failure to turn in funds raised for any Carol Stream Panthers Cheerleading Association, on the due date established by the organization, can result in your cheerleader being pulled from participation in any cheer events (ex: practices, games, competitions, etc.) until the outstanding funds are turned in to the Director of Finance.

VOLUNTEERS

● If you wish to volunteer for your child's squad, please talk directly with your child's coach. There are opportunities to help out. Please note parents will not be able to volunteer to help coach a squad or attend practice once coaches are assigned to squads. Things such as team mom, banquet, and many other opportunities for you to be involved.

TP'ING

- Cheerleaders will TP other cheerleaders per the board. This will take place before Pep Rally Event.
- The Cheer Board will determine pairing of squads.
- Coaches will communicate the amount of toilet paper rolls required per cheerleader. It is suggested that a 12-pack should suffice.
- A parent/guardian must sign a consent form or TP'ing will not be allowed.

- Cheer coaches get a group of parents together to drive the squad members to the cheerleaders' homes who have agreed/authorized to have their home TP'd.
- Shaving cream, silly string, eggs and any other substance that can cause destruction to properties is strictly prohibited.
- Sidewalk chalk is allowed; only appropriate writing/language is allowed.
- If the TP Night rules are not followed, the individual cheerleader and/or squad can be removed from Carol Stream Cheerleading.
- TPing is a program event. No squad can participate in this event unless approved by the cheer board. Coaches or JR coaches that participate in a TP event without program approval will be removed from the coaching position.
- If the TP event is rained out it will **NOT** be made up.

PICTURE DAY

- Picture Day is scheduled once all cheerleaders have their uniforms in hand and the date will be determined by Carol Stream Panthers Cheerleading Association Board.
- Squads may be provided with order forms prior to picture day.
- Carol Stream Panthers Cheerleading Association designates squad arrival times and asks that all adhere to the schedule to keep all subsequent times slots remain on schedule.
- Individual pictures and a team picture, including coaches and junior coaches, are taken.
- Cheerleaders wear their Panthers uniform, white no-show socks and clean cheer shoes.
- Any issues with the picture products are not the responsibility of the Carol Stream Panthers Cheerleading Association. You must contact the picture company to resolve any issues.

SUPER BOWL

- BGYFL Super Bowl is usually held in the beginning of November.
- If your football team you cheer for during the regular season makes it to a Super Bowl game your squad will be required to cheer at that Super Bowl Game.
- We will not cheer at away games but could cheer at Super Bowl if one of our teams are playing in it which is played at a field other than GBN.

END OF SEASON BANQUET

- The End of Season banquet is held in November/December.
- There is a sit-down dinner and a DJ for the entire evening. Cheerleaders receive a participation trophy/award.
- At least ONE parent is **REQUIRED** to attend the banquet if their cheerleader is in attendance.

- Team can participate in a tryout, skills assessment, skills validation, audition, or any process in which the participant is grouped according to proficiency.
- The team is permitted to utilize unlimited professional coaching hours.
- Coaches for your squad will notify you if your team is registering for a CSUP division and if a skills assessment is required prior to the start to the season.
- If a skills assessment is done by your squad, coaches have the right to cut/not accept any athlete and a full refund will be given.
- Coaches per squad have the right to change their division from Rec to Super Rec mid-season. If this takes place no assessment will be allowed, and the entire team will move to that division together.
- If your coaches decided to move to a Super Rec division prior to the start of the season, additional funds may be added to get professional coaching brought in such as tumbling coaches and/or stunting coaches.
- If your athletes squad moves to a Super Rec division prior to the start of the season, you as a parent have a right to not participate in the season. Before attending a tryout or skills assessment you will need to notify the coaches that you will not be participating. At that time, you will be issued a full refund. If you choose not to participate after the tryout has taken place and after the refund date no refund will be given.

Refunds

- No refunds will be given **after March 25, 2025**. Refunds before this date are subject to a **\$100.00 processing fee**. This refund policy is non-negotiable. No exceptions will be made to the policy. Uniform/shoe/practice shirt/yard sign/slush fund/mandatory raffle purchase costs will not be refunded at any time.

Athlete Code of Conduct

Bullying

- Carol Stream Panthers has a zero tolerance policy for bullying. If we observe bullying behaviors during practice, we will address it with the athlete(s) immediately and contact the parents. If necessary, we will request a meeting with the Carol Stream Panther Cheer Board and all athletes and parents involved. This policy extends to social media and electronic communications also.
- While we cannot control what happens at home or school, if conflicts carry over to practice and affect athlete/team morale, we will do our best to address those problems also.
- Please reach out to a coach immediately if you feel your athlete is being bullied so we can address the situation.
- The Carol Stream panthers Cheer Board reserves the right to remove an athlete from the program due to bullying.

Social Media

- Who you are on social media IS and DOES reflect upon who you are on a team. We work too hard to make a good name for cheerleading in our community to let the bad and irresponsible decisions of one or a few people affect and diminish the program.
- ANY negative social media, such as language, bullying, etc will result in an automatic one day suspension, pending further action based on the decisions of the Head Coach and Executive Board
- All coaches will be given access to any athlete's social media accounts, if asked.
- Social Media platforms such as Snapchat, Tic Tok and Instagram are not allowed to be used while at any cheerleading event.
- Group chats may be used by IMessage or snapchat with a coach, or a junior coach added into the group. No group chats about cheer are allowed without this in place.
- The board has the right to act against anyone using social media for bullying or inappropriate behavior. This can result in a cheerleader being suspended from the squad, not able to participate in an upcoming competition, or removal from the squad.

Representation of Self

- Carol Stream Panthers Cheer expects all athletes to demonstrate exceptional sportsmanship at all events you attend where you represent Carol Stream Panthers. This includes competitions where you are an athlete or spectator. If an athlete is observed treating another team or athlete with disrespect or if the Carol Stream Panthers Board is notified of these behaviors from another organization, the athlete will be subject to disciplinary action, including potential removal from the organization. This includes verbal taunting, hand gestures, or booing in the stands.
- Any athlete found to cause damage to any non-Carol Stream Panthers facility will be responsible for the cost of repairs and may be subject to disciplinary action.
- You should be proud to represent Carol Stream Panthers and wear our colors. A poor/negative attitude may affect your eligibility for future seasons. Carol Stream Panthers expects all athletes to give 100% effort, to be compassionate teammates, and to be role models and leaders in the program and community.

Parent Code of Conduct

- Parents are expected to treat the coaches and Board with respect. We are often tasked with making difficult decisions and may cause hurt feelings, but our decisions are made for the best interest of the team as a whole.
- Parents should not contact ICA for any reason - this includes by phone or email. If you have a question or concern, please contact the Carol Stream Panthers Board and we will assist you.
- Parents should model exceptional behavior and sportsmanship at all competitions. Parents should not be speaking disparagingly about other organizations or engaging in disrespectful behaviors. ICA and Carol Stream Panthers reserve the right to ban any spectator from attending future events. If you encounter a situation with a member from another organization, please contact the PCA Board immediately to determine the proper course of action.
- Parents are not allowed to approach any ICA judge for any reason. If you have questions or concerns about scoring at a competition, the questions should be directed to the Carol Stream Panthers Board.
- Parents are not allowed to enter the “Athlete Safe Zones” at competitions. Please do not ask to tag along with the team, even if you are a Team Parent or Team Photographer.
- Please treat all venues with respect - clean up after yourselves, don’t save seats unnecessarily, and follow all directions given by ICA staff.
- Parents and athletes are expected to comply with any bag or persons searches required by ICA. This is for the safety of all spectators and athletes at events. Failure to comply may result in a ban from future events.
- In the event parents and athletes are at a hotel for a competition weekend, Carol Stream Panthers expects everyone to treat the property with respect and follow all guidelines for quiet hours. We are often not the only organization at the hotel and many athletes go to sleep early to prepare for an early morning. Loud conversations should be held in the lobby, outside, or within the hotel rooms. Parents should refrain from allowing athletes to be running through hallways, causing damage to property, etc.
- Posting of photos or videos to social media of an athlete/team on an ICA mat at a competition is strictly prohibited in accordance with ICA policy.
- Alcohol is prohibited at Carol Stream Panthers practices and competitions with the children present.
- Possession or use of illegal drugs or abuse of prescription drugs is prohibited.

**ANY VIOLATION OF THE ATHLETE OR PARENT CODE OF CONDUCT MAY RESULT
IN IMMEDIATE DISMISSAL FROM THE PROGRAM WITH NO REFUND.**